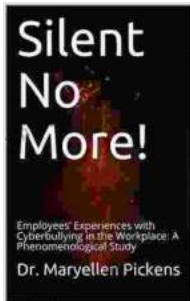# Employees' Experiences With Cyberbullying In The Workplace

Silent no more!: Employees' Experiences with Cyberbullying in the Workplace: A Phenomenological Study by Dr. Maryellen Pickens

★★★★★ 5 out of 5

Language	: English
File size	: 1984 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 33 pages
Lending	: Enabled

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Cyberbullying is a serious issue that can have a devastating impact on employees. It can lead to feelings of isolation, depression, and anxiety, and can even cause physical health problems.

Cyberbullying is defined as the use of electronic devices to bully or harass someone. This can include sending hurtful or threatening emails or text messages, posting negative comments on social media, or spreading rumors online.

Cyberbullying can happen to anyone, but it is particularly common among young people. According to a recent study by the Pew Research Center, 42% of teens have been cyberbullied. And while cyberbullying is less common among adults, it still happens. A 2017 study by the Workplace

Bullying Institute found that 27% of employees had been cyberbullied at work.

Cyberbullying can have a number of negative consequences for employees. It can lead to:

- Feeling isolated and alone

- Depression and anxiety

- Physical health problems, such as headaches and stomach problems

- Loss of productivity

- Increased absenteeism

- Turnover

If you are being cyberbullied at work, there are a number of things you can do to deal with it. Here are some tips:

- **Document the cyberbullying.** Keep a record of all the hurtful or threatening emails, text messages, social media posts, or other forms of cyberbullying that you experience. This will help you provide evidence to your employer if you decide to file a complaint.

- **Report the cyberbullying to your supervisor or HR department.** Your employer has a responsibility to investigate and stop cyberbullying in the workplace. They may be able to take steps to discipline the person who is bullying you, or they may provide you with support and resources to help you cope with the bullying.

- **Talk to a trusted friend, family member, or counselor.** They can provide you with support and help you develop strategies for dealing with the cyberbullying.

- **Take care of yourself.** Cyberbullying can take a toll on your mental and physical health. Make sure to eat healthy, get enough sleep, and exercise regularly. You may also want to consider seeking professional help if you are struggling to cope with the cyberbullying.

Cyberbullying is a serious issue, but it can be overcome. By taking the steps outlined above, you can protect yourself from the harmful effects of cyberbullying and get your life back on track.
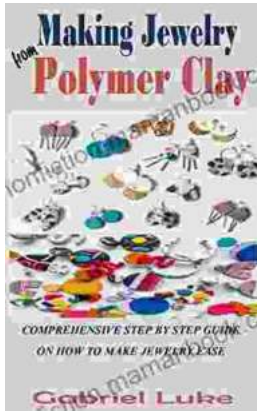
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